


Aquatics Schedule



John F. Kennedy Recreation Center
17300 Harvard Ave.
216/664-2572

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 –1:00 PM Sr. Swim Ages 50+	12:00– 12:45 PM Lap Swim 18+	12:00 –1:00 PM Sr. Swim Ages 50+	12:00– 12:45 PM Lap Swim 18+	12:00 –1:00 PM Sr. Swim Ages 50+	10:00-12:00 PM Adult Swim 18+
1:00 –2:00 PM Open Swim Ages 18+	1:00 –2:00 PM School Group	1:00 –2:00 PM Open Swim Ages 18+	1:00 –2:00 PM School Group	1:00 –2:00 PM Open Swim Ages 18+	1:00-3:00 PM Youth Swim 8-17
2:00 –3:00 PM Lap / Open Swim Ages 18+	2:00-3:30 PM Open Swim Ages 18+	2:00 –3:00 PM Lap / Open Swim Ages 18+	2:00-3:30 PM Open Swim Ages 18+	2:00 –3:30 PM Lap / Open Swim Ages 18+	3:30-5:30PM Family Swim 4+
3:00-4:00 PM Open Swim Ages 8-17	3:30-5:00 PM Open Swim Ages 8-17	3:00-4:00 PM Open Swim Ages 8-17	3:30-5:00 PM Open Swim Ages 8-17	3:30-5:00 PM Open Swim Ages 8-17	
4:00-5:00 PM Water Basketball Ages 12-17	5:00-6:00 PM Swim Lesson Ages 8-17	4:00—5:00 PM Water Basketball Practice Ages 12-17	5:00-6:00 PM Swim Lesson Ages 8-17	5:00—6:00 PM Water Games Ages 12-17	
5:30 –7:30 PM Swim Team practice Ages 8+	6:00-6:45 PM Aquacise Ages 18+	5:00 –7:30 PM Swim Team Practice Ages 15+	6:00-6:45 PM Aquacise Ages 18+	6:00-7:30 PM Family Swim	
	6:45—7:30 PM Adult Learn To Swim Ages 18+		6:45—7:30 PM Adult Learn to Swim Ages 18+		

Our Senior Activities

Floor Aerobic	Monday, Wednesday	10:00-11:00 am
Line Dancing	Friday	12:00- 1:00 pm
Lap Swim	Monday, Wednesday, Friday	12:00- 1:00 pm
Aquacise	Tuesday, Thursday	6:00– 6:45 pm

Flag Football
Monday/Tuesday/
Wednesday
5:00-7:30pm



Gymnasium Schedule

All children 7 years old and under and less than 4 feet tall must be accompanied and supervised in the water by an adult. Two children per adult.

Other Exciting Activities

Step Aerobics
Table Tennis
Fitness Room
Tai chi
Computer Lab

Monday/Wednesday 6:00—7:00 pm
Tuesday, Thursday 6:00 - 7:30 pm
Monday—Friday 12:00—7:30 pm
Thursday 1:00 - 2:00 pm
Friday 12:00 pm—7:30 pm



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12-2:00 PM School Group Grades 4-8	12-2:00 PM School Group Grades K-3	12-2:00 PM School Group Grades 4-8	12-2:00 PM School Group Grades K-3	12-2:00 PM School Group Grades 4-8	10:00-12:00 PM Volleyball 18+
3:00-5:00PM Open Gym Ages 8-17	3:00-5:30PM Open Gym Ages 8-17	3:00-5:30PM Open Gym Ages 8-17	3:00-5:30PM Open Gym Ages 8-17	3:00-5:30PM Youth Open Gym Ages 8-17	1:00-3:00 PM Flag Football 4-7
5:30-7:30 PM Flag Football Ages 8-17	5:30-7:30 PM Volleyball Ages 8-17	5:30-7:30 PM Flag Football Ages 8-17	5:30-7:30 PM Volleyball Ages 8-17	6:00-7:30 PM Pee Wee/Family Night Ages 4+	3:30-5:30 PM Open Gym 8-17

Schedule subject to change without prior notice